

# Surviving and Thriving in High School

Thursday, October 14th ~ 6:30 p.m. ~ 8:30 p.m.

At Sir John A. Macdonald C.I.

(2300 Pharmacy Avenue)

The goal of this meeting is to support parents and students through the transition into high school. The presentations will address topics such as:

- How to Select an Appropriate High School
- Anti-bullying and Cyberbullying
- Understanding the program choices available
- Workshop on preparing Healthy Foods for your child

Workshops will be offered to parents and students. Students will be invited to attend a workshop on computer animation.

- Childcare will be available and a light supper will be served.
- *Please return the bottom portion of this form to the current school office by Friday, October 1, 2010.*

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Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Translator required for: Tamil \_\_\_\_\_ Cantonese \_\_\_\_\_ Mandarin \_\_\_\_\_